

October Schedule

at Liberty Community Plaza

14181 Telegraph Road, Whittier, CA 90604 / 562-273-0700
HOURS: Mon 8am-9pm, Tues 8am-8pm, Wed 8am-8pm, Thurs 8am-9pm
Fri 8am-6:30pm, Sat 8am-4pm, Sun CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Citizenship Class 9:30-10:45am Hatha Yoga 11:15-12:15/12:30-1:30pm Gentle Yoga 10-11am Self-Advocacy Mtg. 1-2pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Parenting Class 5-6:30pm	2 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm YAGC (rescheduled) 10-1pm	3 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm	4 VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm \$3 Zumba 6:45-7:45pm	5 VA Office Hours 8am-4pm	6 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
8 Citizenship Class 9:30-10:45am Hatha Yoga 11:15-12:15/12:30-1:30pm Gentle Yoga 10-11am Self-Advocacy Mtg. 1-2pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Parenting Class 5-6:30pm Board Games 5:30-7:30pm	9 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	10 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm CEA-HOW 6:30-7:30pm \$3 Zumba 6:45-7:45pm Al-Anon (English) 6:30-7:50pm	11 VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm \$3 Zumba 6:45-7:45pm	12 VA Office Hours 8am-4pm Community Showers 9-1pm	13 Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm Free Zumba 9:30-10:30am
15 Citizenship Class 9:30-10:45am Gentle Yoga 10-11am Hatha Yoga 11:15-12:15/12:30-1:30pm Self-Advocacy Mtg. 1-2pm Board Games 5:30-7:30pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm	16 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	17 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm	18 VA Office Hours 8am-4pm GI Forum 10am-12pm \$3 Zumba 6:45-7:45pm	19 VA Office Hours 8am-4pm Community Showers 9-1pm	20 Al-Anon (Spanish) 10-12pm Free Zumba 9:30-10:30am Codependents Mtg. 11-12:30pm
22/29 Citizenship Class 9:30-10:45am Hatha Yoga 11:15-12:15/12:30-1:30pm Gentle Yoga 10-11am Self-Advocacy Mtg. 1-2pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Board Games 5:30-7:30pm (29) Parenting Class 5-6:30pm	23/30 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	24/31 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm  <div> LIBERTY PLAZA WILL CLOSE @ 3 PM </div>	25 VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm \$3 Zumba 6:45-7:45pm	26 VA Office Hours 8am-4pm	27 Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm Free Zumba 9:30-10:30am 

Al-Anon Meeting (Family Groups)	En Español! Free every Tuesday and Saturday. Call for more info about this inviting and supportive group of individuals. Meetings start at 10:00am and end at Noon. Arts & Crafts Room
Al-Anon (English Group)	Free resource in English at Liberty Plaza every Wednesday. Do you have a loved one who may be struggling with alcoholism? This warm and supportive group may be just for you. 6:30-7:50 pm. Arts & Crafts Room
Community Showers	Mobile showers, homeless resources and hygiene kits available on the 2 nd and 3 rd Friday of the month from 9am-1pm. In partnership with several homeless agencies and 4 th District Supervisor Janice Hahn. LCP Parking Lot
CEA-HOW	A program for anyone suffering from compulsive eating, anorexia, and bulimia, we are a fellowship of individuals who, through shared experience, strength and hope are recovering. Wednesdays 6:30-7:30pm. LCP Conference Room.
Citizenship Course	FALL SESSION! Mondays & Wednesdays, Presented by Rio Hondo College, this nonaccredited course is FREE and will help you gain the path to being a United States Citizen! MUST BE REGISTERED. 9:30-10:45 am. LCP Conference Room
Co-Dependents Anonymous	En Español! Join the new CoDA group every Saturday, free. Stop looking for outside reasons to feel good, join CoDA for you, 11:00am-12:30pm. LCP Conference Room.
GI Forum	Every 3 rd Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. LCP Conference Room
Gentle Yoga	Free! Mondays 10am-11am, formerly known as Body Movement & Awareness, this class allows modifications in yoga available for seniors or those with mobility impairments. MUST BRING OWN MAT. Health & Wellness Center
Hatha Yoga (2 Sessions)	FALL SESSION! Come join this Yoga class brought to us by Rio Hondo! A great FREE way to get active and nourish your mind, body, and soul. MUST BE REGISTERED TO JOIN, PLEASE SEE FRONT DESK FOR MORE INFO. Mondays & Thursdays 11:15-12:15pm and 12:30pm-1:30 pm. Health & Wellness Room
Kidz Zumba	Free classes every Wednesday 5:30-6:00PM for Ages 4-7 and 6:00-6:30PM for Ages 8-12. Health & Wellness Center
Military & Veteran Affairs Office Hours	Los Angeles County MVA representatives hold office hours for info on benefits no appointments needed. Sign in at Lounge any time after 8:00am. Wednesdays 8am-12pm, Thursdays & Fridays 8am-4pm. Last sign in at 2pm. Valor Resource Office
Painting for Older Adults	FALL SESSION! Brought to you by Rio Hondo College, this FREE nonaccredited class will teach older adults the fundamentals of painting! Wednesdays from 10 am-12pm, MUST BE REGISTERED. Arts & Crafts Room
Parenting Class in English	A free class, led by Helpline Youth Counseling every Monday. Session runs from 7/30-10/8. Learn about effective parenting skills, anger management and Q&A. For more info & how to register call (562) 273-0722. 5-6:30pm Counseling Rooms
Nar-Anon en Espanol	En Español! Free every Tuesday evening. Call to learn more about this program, by Grupos De Familiar, find peace and hope, 6:30pm-7:45pm. LCP Conference Room
Nar-Anon in English	Free every Monday evening. "Serenity, not Sanity" is a Nar-Anon group that will be meeting to discuss the trials, tribulations, and overcomings of being involved with the struggles of addiction. 6-7:30pm LCP Conference Room
Strategy Board Game Night	NOW WEEKLY! Free to all ages! Every Monday night from 5:30-7:30pm, join a friendly group of gamers as they play dozens of problem-solving board games. Arts & Crafts Room
Self-Advocacy Meetings	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. LCP Conference Room
Year Around Gardening Club (YAGC)	Want to learn more on all things gardening? Join this club which meets monthly from 9-1pm on Oct. 2 this month. A great way to get involved in the community and learn something new! MPR
Yoga Class for All Levels	\$3 CASH ONLY yoga classes for ages 13+, all levels welcome. Please bring your own yoga mat, Saturdays TBD from 11am-12pm. Health & Wellness Center
Zumba Classes	\$3 CASH ONLY classes every Monday-Thursday 6:45pm-7:45pm. FREE class every Saturday 9:30am-10:30am. Maximum 12 students. Health & Wellness Center

